



Newsletter March/April 2007

Message from Daphne

Spring has officially arrived! Everything is covered in horse hair; the back hall floor is VERY muddy; my muscles all ache from raking and mucking the winter 'leftovers'; the borium has been replaced with 'regular' shoes; ride calendars adorn the 'fridge door – much planning and dreaming going on! Another ride season has begun! Of course, for a few of you lucky members, you've already competed in your first rides in the sunny south! Congratulations to **Yvette Vinton DVM, Bob Gielen, Ruth Sturley** and **Julie Green** on a most successful FEI CEI*** in Florida! We await more details!

My learning curve seems to be getting steeper – the more I learn the more I need to learn! However, I am starting to get a better understanding of how Equine Canada and FEI 'work', and how we 'fit'. It was very valuable to attend the **Equine Canada Convention and AGM**, especially in terms of 'face-to-face' meetings with those people that we deal with on a regular basis (**Mike Gallagher** – Chair of Sport Council and EC's FEI and Olympic representative; **Mike Arbour** – Director of Finance; **Michelle Bodnar** – our current (interim) discipline representative. I have asked Chicki to attach (separately) a summary of the minutes from our Ottawa meeting for those of you who are interested. Please contact me if you have any questions about anything. I did NOT include the many pages of attachments that accompanied the minutes but they are available if you wish. We will put them on our website once it is up and running. Thank you very much to Maura Leahy for taking notes at the meeting – MUCH appreciated – you're hired!

Shortly following the Ottawa meeting, **CaLDRA issued two bulletins** to its members, clarifying the respective roles of **CaLDRA and Endurance Canada**: CaLDRA is the representative of CTR and Ride 'n' Tie, and Endurance Canada is the officially recognized organization for Endurance. I sincerely believe that we will both become dynamic, productive, meaningful organizations, fulfilling our needs and mandates. We will work together on many things of mutual interest, and will host/support provincial, regional and national 'long distance' championships. Many of us will continue to hold both memberships, and compete in all the disciplines of Endurance, CTR and Ride 'n' Tie. Thank you, CaLDRA!

I'm extremely excited about our trip to Paris for the **FEI World Endurance Forum** - a wonderful opportunity to meet with delegates from around the world – to share our concepts and concerns, and to participate in the future development of our sport. We will represent your views as best we can, and will report back to you upon our return. Myna, Claudia and I are very appreciative of the generous financial assistance provided to us from the Endurance Canada International fund, making it possible for us to attend. Thank you!

All the **Endurance Canada Sub-committees are VERY hard at work**, as the Ottawa meeting minutes describe – thank you to you, too!

The certificates for the **2006 Top Ten Senior** and **Top Five Junior Canadian riders in Canadian rides** are in the mail – again, congratulations on such an amazing season, and we wish you continued success in 2007!

It still hasn't been confirmed that the **2008 World Endurance Championships** will be held in Malaysia, but they have just forwarded us the 'veterinary regulations for temporary importation of horses'. Canada anticipates sending a very competitive team and planning for this will begin as soon as we hear anything definite. And in September of this year the **USEF National Zone Team Endurance Challenge (Z-TEC)** will be held in Montana – confirmed details of this will be available shortly. This will give those of you contemplating 'international' an opportunity to 'experience' this type of competition in a 'fun' 100 mile Team event.

It is so good to learn that **FEI Young Rider division** is being included in a couple of the major events this year: Ontario Provincial Championships CEI**, Z-TEC CEI***. We need to provide as many educational and competition opportunities as possible for the 'future' of our sport. It is also exciting to see the inclusion of FEI two star events – another step in being more involved on the world stage. Whenever we offer a FEI CEI*** we should consider hosting CEI* and CEI** competitions as well.

SO – as soon as you've read the Newsletter, turn off your computer and get out there riding! Have a great 2007 on the trail!

LACTATE TESTING

Jan Marsh – Endurance Canada National Coaching and Athlete Development Committee

I am writing this as a laymen, non medical or scientific, because it is something we have carried out with John Jacques DVM. There may be other riders out there interested in this pilot scheme.

John Jacques DVM, a well known endurance vet, works with the human athletes here in Canmore, Alta. And with the lactate testing he does on them, he is achieving phenomenal results and knows he can achieve the same in equines.

We carried out some tests last year to establish the Lactate Balance Point (LBP) in my horse, Scully, and from there John developed a training program for us to follow to increase the LBP. Basically as muscles are working, they produce Lactate; the more they work, the more Lactate they produce.

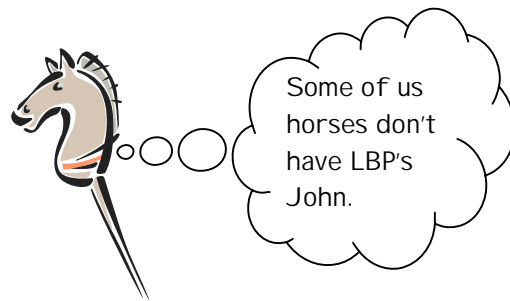
If you can establish the point at which the lactate produced is being cleared, you can adjust the effort to accurately reflect the balance between aerobic and anaerobic effort. Too high a blood lactate level means they will often fatigue prematurely since they are functioning primarily anaerobically - running too far below means they are not working to their potential. Keep it at the right point and they will go all day, or at least until the groceries run out!

If the LBP can be increased with proper training, this means they can go faster for longer without injury or stress. A good training plan can use this information to identify the correct training zones to optimize each training session. To be able to carry their load easier with less effort, this is what we as Endurance riders are looking for. From experience with Scully I can

say that he is not as tired at the end of rides as before and has a lot more energy at the end of the rides we have done so far. Scully clocked a speed of 43.7 kms at the finish line after 75 miles at Long Island Lake Ride, as an example, and pulsed down within minutes.

John is prepared to work with a group of riders/horses to prove this works as well in equines as it does with the human athletes. Currently, as this is not funded by any Equine body, the cost of this would be up to the individual (approx \$75 each for testing) and they would have to be committed to the training program and regular testing which is around every 6-8 weeks. This would be a minimum one year commitment but preferably three years. Testing would be at Canmore, AB unless otherwise arranged directly with John.

Anyone out there that is interested please contact Jan Marsh at jemarsh@telus.net or phone 403-609-0586 for further details.



*Site for USEF ZTEC Challenge in September! **

Fort Howes* Endurance Rides
&
The Arabian Horse Association
National Endurance Championship

June 9, 2007

- AERC Open 25 Mile LD & 50 Mile Endurance
- AHA National 50 Mile Endurance Championship
- FEI CEI *** Adult and Young Rider 50 Mile Rides

June 10, 2007

- AERC Open 55 Mile and 100 Mile Endurance
- AHA National 100 Mile Endurance Championship
- FEI CEI *** 100 Mile Open and Young Riders Rides
Custer National Forest ~ Ashland, Montana

<http://www.forthowes.net/>

* In 2007, international riders in the United States and Canada will be planning their teams for the Zone Team Endurance Challenge (also known as Z-TEC), September 22, at the Ft. Howes ride site. This 'experience' will provide input to the International Sub-committees of both AERC and Endurance Canada: what direction should we be going - what are our goals; how do we provide more FEI-sanctioned events in North America; what other educational opportunities would riders like to see? We are asking international riders to help guide us into the future and best prepare for the 2010 World Equestrian Games in Kentucky.

Mark Your Calendars for Horse Week 2007

Ottawa, Ontario --- Equine Canada's Recreation Division and the Provincial Equestrian Federations are delighted to announce that the dates for Horse Week 2007 have been set.

"I am happy to announce the date for the **sixth annual Horse Week is June 2-10,**" stated Jack De Wit, Chair of the Horse Week 2007 Committee, and Equine Canada board member. "After the phenomenal success of Horse Week 2006, I challenge equine enthusiasts from all disciplines to top last year's performance. Let's show everyone Canadians are in love with the horse."

Held annually to promote and celebrate Canada's thriving horse industry, Horse Week appeals to both horse enthusiasts and the public alike. Featuring a wide range of activities held across the country, including trail rides, equine showcases, charity events, RCMP musical rides and competitions of all kinds, Horse Week has been growing steadily since its inception in 2002. For Horse Week 2006, hundreds of school children were treated to live demonstrations, classroom presentations and creative arts classes, as teachers in a number of Canadian cities incorporated Horse Week into their lesson plans.

Horse lovers of all kinds, from competitors and recreational riders, to teachers and breeders are invited to participate in Horse Week 2007 by creating, organizing and registering their own Horse Week event, or by keeping their eye on Equine Canada's website, www.equinecanada.ca for a list of registered events in their area. Be sure to bring a camera along to the events, and snap pictures for the Horse Week 2007 Photo Gallery!

The Horse Week Committee encourages horse lovers 17 years of age and under to enter the Horse Week 2007 'Kids Contest' for the chance to win great prizes. With three different age groups, and four different categories to choose from, participants are encouraged to get together and let their creative sides



EC President Al Patterson and Horse Week Committee Chair Jack De Wit kick off the OEF Trail Ride for Horse Week 2006. Photo Courtesy of the Ontario Equestrian Federation

shine! Featuring the categories of Poems, Essays, Artwork and Miscellaneous (which can include anything from illustrated stories to sculptures), this is the chance to create something special around the theme of 'A Horse of Course'.

If you would like to have your company marketed *nationally* as an Official Sponsor of 2007 Horse Week, please contact Equine Canada Marketing Coordinator, Cheryl Tataryn at 613-248-3433 x 111 or ctataryn@equinecanada.ca

Watch www.equinecanada.ca for more Horse Week information and updates.

About Equine Canada

Equine Canada is a member-based association that represents, promotes and services Canada's equine community and industry. Its core areas of activity involve sport, equine health and welfare, education and safety, governance and marketing, representation and communication. Equine Canada is recognized by Sport Canada, Agriculture and Agri-Food Canada, the International Equestrian Federation (FEI), the Canadian Olympic Committee and Canadian Coaching Association of Canada as the national organization representing equestrian sport and equine interests in Canada. For more information about Equine Canada, please visit www.equinecanada.ca.

Update on World Endurance Forum

Paris, France – March 31st and April 1st

The program for the Forum has been designed to start the process of review. During the first session, each of the nine FEI Regional Groups will be given the opportunity to make a presentation to all of the delegates attending. Those Regional Groups have been asked to put forward their ideas and proposals on what they would like to see in Endurance in the years to come. Specific concerns and suggestions can be made that are relevant to their particular region. [Myna Cryderman](#) has undertaken to accept concerns, thoughts and suggestions from endurance enthusiasts across the country and amalgamate them into a presentation to be forwarded through Equine Canada to the Group IV Chair, Mrs. Catherine Jackson (USA). In the afternoon of the first day, the delegates will break into three groups to allow debate those ideas based on their individual experiences, views and knowledge. The groups will then be required to give feedback from their discussions on the morning of the second day, with the afternoon reserved to provide for general discussion and comments. There will be an FEI working group created from delegates attending the Forum to consider the discussions/ comments and come up with recommendations for a five-year plan to develop and promote FEI endurance – to move the sport forward whilst ensuring the welfare of the horse is protected throughout. In spite of some minor setbacks, Endurance Canada has formally approved three official representatives for the World Endurance Forum. The delegates have been accepted by Endurance Canada and registered with the FEI to attend the Forum meetings. I have every confidence that we are very well represented.

[Claudia Harper](#) will be attending the Judges Meeting which will be chaired by Mr. M. Stecco of Italy (FEI O Judge 4*)
[Daphne Richard](#) will attend the Veterinarians Meeting to be chaired by Dr. F. Barrellet from Switzerland (FEI 4* Veterinarian)

[Myna Cryderman](#) will sit in on the Technical Delegates Meeting chaired by Mr. J. Robertson of Great Britain (FEI O Judge 4*)
Each of the delegates will submit a report for publication in the Endurance Canada Newsletter upon their return from the Forum.

Members of the FEI Endurance Technical Committee will be in Paris for the Forum (myself included) and will be available for discussion with the delegates throughout the weekend.

It is an exciting time to be involved with Endurance, and really wonderful that Canada will have input towards the promotion and development of the sport!

FEI Judges Needed

Changes that are happening at the FEI and at the National (Equine Canada) levels, All provinces will soon require a concentrated effort to have qualified Officials in order to hold cost effective FEI level rides and new "National" level rides.

In connection with the Provincial Championship, FEI level and National level courses are possibly being planned for the Tuesday and Sunday (July 17th & July 22nd) if enough interest is shown. These courses will be of interest to Veterinarians, Judges and for potential Stewards. There will be a charge for the course of around \$100 for the FEI course and less for the National course (which is currently under development)

If you have ever thought about being involved in this way in our sport, Please comment on if this would interest you by sending your thoughts to Kay Melvin @ kaymelvin@hotmail.com.

Committed to Our Memory...

Maggy Price passed from us on Feb. 23, 2007 after years of fighting her cancer. True to her "Boiled Owl" status she fought long and hard and managed to still ride her horses at her farm and cheer on her "Ramegwa"(an anagram for her three children - Raymond, Meg and Walter) horses when they competed. As the force behind bringing endurance riding to FEI status, Maggy brought our sport into the limelight. Maggy won the individual bronze medal at the age of 63 in the 92 World Endurance Championships, Barcelona on Ramegwa Kanavy Anne. She raised some tough horses under the Ramegwa name - Ramegwa Priceless, Ramegwa Drubin, Ramegwa Bahrain, Ramegwa Sharli, Ramegwa Papstrax, Ramegwa Sully, Ramegwa Vilia to name a few. The horses exemplified who Maggie was when they went out into competition. Their success, no matter who rode them, was also Maggy's. Maggy was honest, practical, dedicated, and easy to talk to no matter the level in the sport, both as a competitor and policy maker. She served in every way one could in the sport including AERC president. Her presence at a ride brought a quality hard to duplicate, with her southern drawl and frank observations, one could hardly not notice when she passed by. In her kitchen hung a large picture of her as a four year old. On it, it said, "I could have been a star, but somebody gave me a pony". Last year at the Old Dominion, Frank Farmer was memorialized by the playing of a piper and the releasing of doves. Maggy watched with interest, turned to us and satirically said...I would like that for me, but perhaps turkey vultures would be more appropriate. I don't know where we are going to find enough turkey vultures to honor her. She will be very missed, but she will be waiting at the finish line for the rest of us. A memorial will be held by the family on March 1 and a celebration of Maggy's life held this spring at her farm. In lieu of flowers, contributions may be made to the handicapped Riding program Maggy supported, Equilibrium PO Box 305, Sciota, Pa 18354 or to AERC, P.O. Box 6027, Auburn, CA 95604 . John and Sue

Greenall greenall@vermontel.net
www.vermontel.com/~greenall

Elaine Delbeke

June 1st, 1946 – February 13th, 2007

"It is not the years in the life but the life in the years."
~ *Wayne Delbeke*

Elaine Delbeke (Jackson) passed away peacefully at her sister's home at Whistler, B.C. while on vacation on Tuesday, February 13th, 2007 after a several year battle with ovarian cancer. Her husband Wayne, and many many family members, were by her side, celebrating a life well lived.

Elaine touched everyone she knew and we all have our 'colourful' (always colourful) reminiscing stories of our times together. She, in particular, loved all the animals and was fulfilling a dream when she and Wayne settled on their ranch near Faraway, north of Rocky Mountain House, AB. Even with Wayne's allergies to dogs there were always several around and always a special little one that travelled with them.

Our friend, Brenda Kossowan, put it all into a couple of sentences, 'Elaine Delbeke tackled her illness with the same extraordinary courage that she managed all her battles, including her recovery from a couple of spectacular spills. She was a credit to Western Canada's endurance scene and was particularly keen on breeding horses that had both the mental scope and the athletic talent to become outstanding endurance athletes. She was a good friend, and excellent horse person and a hell of a lot of fun besides. We will all miss her.'

Elaine is survived by her spouse and friend, Wayne, of forty-three years, two children, Kirsten Zapisocki (Ryan), son Jay (Lara), three grandchildren, Rowan, Acacia and Finnegan, two brothers, Ken and Howard and a special sister, Louise.

There will be a celebration of Elaine's life at their horse ranch north of Rocky Mountain House, AB on July 7th, 2007 for those friends and relatives who wish to attend. For more information check website at www.canabian.com

~ Submitted by Linda Riley

**WELCOME TO THE
“Spirit of Excellence”
1st ONTARIO DISTANCE
PROVINCIAL CHAMPIONSHIPS
HOSTED BY
Y NOT FARMS & EQUESTRIAN
CENTRE
Meaford, Ontario
July 19th to July 21st, 2007**



Come and join us for a “Spirit of Excellence” festival of endurance, competitive & Ride ‘N’ Tie competitions at Y Not Farms and Equestrian Centre located in Grey County. Your trails will be varied and consisting of farmer’s fields, gravel and paved roads, some rocky sections, and some steep climbs with spectacular views of Georgian Bay and Beaver Valley. There will be something for everyone from a 100 Mile FEI CEI ***, a 50 Mile Endurance ride on each day including a 3 day 155 Mile “Spirit of Excellence” Pioneer, to a Ride ‘N’ Tie and CTR. Rides will be sanctioned by FEI, AERC, OCTRA, & AHA.

The “Spirit of Excellence” Pioneer Series will be three separate rides. For more information and full entry details, please feel free to visit the:

Ontario Provincial Championships web site at www.pcrider2007.com

Ride Secretary: Cathy Mezenberg, 6922 7th Line, RR # 2, Belwood, Ontario N0B 1J0.

Phone: 519•787•1416 E-mail:

jcmezenberg@execulink.com .

Y NOT FARMS: www.ynotfarms.ca

Thursday July 19th, 2007

**100 Mile(160KM) Open/
Provincial Championship
Endurance ~ FEI CEI***,
AERC, AHA (Region 18) &
OCTRA Sanctioned.**

**50 Mile (80KM) Open
“Spirit of Excellence”
PIONEER I - Endurance
AERC & OCTRA Sanctioned**

**50 Mile (80km) Young
Riders ~ FEI/CEI**
Endurance**

Friday July 20th, 2007

**20 Mile (32KM) Provincial
Championship
Ride ‘N’ Tie
OCTRA Sanctioned**

**10 Mile (16KM)
Ride ‘N’ Tie
OCTRA Sanctioned**

**55 Mile (88KM) Open
“Spirit of Excellence”
PIONEER II - Endurance
AERC & OCTRA Sanctioned**

Saturday July 21st, 2007

**50 Mile (80KM) Provincial
Championship & Open
Competitive Trail Ride
OCTRA Sanctioned**

**30 Mile (48KM) Open
Competitive Trail Ride
OCTRA Sanctioned**

**50 Mile (80KM) Open &
Provincial Championship
“Spirit of Excellence”
PIONEER III - Endurance
AHA (Region 18), AERC &
OCTRA Sanctioned**

**25 Mile (40KM) Novice
Competitive Trail Ride
OCTRA Sanctioned**

**25 Mile (40KM) Mileage
Ride
OCTRA Sanctioned**

CONGRATULATIONS

*and
Thank You
to*

KATHY IRVINE

*for accepting the position as
Chair of Endurance Canada's
National Communications and Public Relations
Sub-committee*

Thank YOU!

It's been great compiling the newsletter with Daphne and all the other "correspondents" these past few months. I have discovered that for every item that we collect there are so many other ideas to share and stories to be told. Those who have been in the trenches for years to pull Endurance Canada together have made it possible for people like us to have this particular brand of fun.

This is your newsletter Endurance Riders of Canada, and I know that you're not shy. Share your stories – even if they're short, your ideas even if they are quirky.

Looking forward to them all!

Kathy

Do you know any unsung heroes we could feature? Perhaps a Middie Queen, a sponsor, or a horse that will never make it overseas and yet is just amazing. (Remember the time when your horse picked his way over the solid spots in the bog while everyone else's was hock deep?) Draft up a short story (+/- 300 words) and send it to me!

Kathy

CANADIAN RIDERS IN CANADIAN RIDES 2006 LEADER BOARD – CONGRATULATIONS!

Tara MacLeod – BC - 1425.5
Neysa Klein – AB - 1118.5
Elroy Karius – BC - 1070
Jim Rawski – ON - 890
Ashley Jacobs – BC - 951.5
Myna Cryderman – MB - 780
Larry Handziuk – AB - 760
Wendy MacCoubrey – ON - 672.5
Christy Janzen – AB - 656
Gail Jewell – BC - 616

Ariel MacLeod – BC - 1196
Makayla MacLeod – BC - 536
Jaylene Janzen – AB - 460
Robyn Wadey – AB - 439
Rae Anne Wadey - AB - 312





Labeling Us

We Endurance Riders do love our acronyms, don't we? But Endurance Canada has too many pet names. (EnCan, EndCan, CanEndure...)

We need some input on your favourites or maybe something new.

We'll put some pressure on the Awards Committee to see if they can spring for some trinkets for participation or even a unique winner!

And in the same vein, we are still looking for a slogan.

Something like "To Finish is to Win" but with a distinctly Endurance Canada twist.

START BRAINSTORMING!

Send your ideas to Chicki Jacques:
chicki_jacques@shaw.ca

Idea #1: "It is just a matter of time." Ruth Sturley

**2007 MEMBERSHIPS
ARE NOW DUE!**

**Please continue to support
ENDURANCE CANADA!**

**You will receive newsletters only
until June 1st,
with 2006 membership**



Membership Application Form

Name: _____

Address: _____

Town/City: _____ Province: _____

Postal Code: _____ Telephone: _____

Fax: _____ E-mail: _____

Club Affiliation(s): _____

Regular/Riding Membership* (\$25.00**): _____ Non-riding (\$15.00): _____
(*\$20.00 for 2006 members)

ENDURANCE CANADA is about YOU, and for YOU. The Endurance Canada Committee has drafted **national rules and policies**; is working to provide Canadian **sanctioning** for all endurance rides; is developing a **national awards/recognition program**; will build **educational, coaching and athlete development programs** - grassroots to **international**; will support our riders representing Canada on the world stage; will play an active role on the **Equine Canada's Sport Council**; publishes e-newsletters every couple of months; provides CanEndure@yahoogroups.com as a forum for discussion; **website**: www.endurancecanada.net early in 2007. Please show your support for Endurance Canada by becoming a member TODAY! Thank you!

Please return this form, and your cheque (made out to Equine Canada, specifying for ENDURANCE CANADA), to:

Chicki Jacques
Secretary, Endurance Canada
4151 Field Road
Kelowna, B.C. V1W 4G1

Phone: 250-861-5849

chicki_jacques@shaw.ca

Fax: 250-764-7443

Membership in Endurance Canada entitles you to:

- lifetime number and membership card
- voting privileges
- newsletter
- participation in national points and awards programs
- access to educational, coaching and athlete development programs
- access to available funding for international competitions

*Endurance Canada members MUST also be members of their respective Provincial Equestrian Federations, for insurance purposes (currently required by most provincial endurance organizations.)